IMEC (Marie Cobel) with “Friends”
September 13, 1984

Session 18: Why can't I experience alternate realities?

Summary: The Friends answer the question about how to experience another reality. This tape is a good summary of material presented in previous sessions.

Extended Summary: In observing your own thoughts you can become aware of the thought forms that are influencing you. Once you have rid your energy field of any influence that does not agree with your reality then you can enter the energy field of other individuals. When this is done you must be aware that you bring with you learned thought forms. When entering another energy field, you must be as free of opinion, judgment, and analysis as possible. You must enter with the intent of just experiencing the other. By allowing other energy forms to express themselves there is an agreement for you to express your energy form. In essence your thought forms gain energy. Thought forms are how manifestation take place on the Earth plane. It is through the focus of one’s consciousness that an individual can manifest their reality on the Earth plane. In this way you can experience it without becoming attached to it. When you bring your concept of the Earth plane to another reality you cannot experience it. When an individual is introduced to material that they do not agree with they have an internal conflict. With the development of the intellectual body these conflicts will cease. Current thought forms will attempt to manifest themselves through doubt, fear, even hallucinations in an effort to preserve their control over the conscious screen. The stream of consciousness is difficult to control but with focus you can gain control over the content that is flowing. When guidance is given once you gain control of the physical, emotional, and mental energies an individual can experience many realities.

You must first discovery your own reality and what makes it function. Do analysis and understand what influences your own system. Then you can explore the other systems around you. There must be understanding before you can experience what is outside the physical plane.

Report by Daniel Erickson
Extended summary by S. Solomon